**bobbing – repeatedly coming up and going down under water with the body, taking a new breath every time you surface**

**prone float – lay flat on stomach, arms and legs relaxed and motionless, put face in water, blow bubbles out of nose and hum to prevent water from getting up nose**

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**back float – lay flat on back, arms and legs relaxed and motionless, keep head back, chin up, ears in**

**Remember: the body always follows the head! If your head is out of the correct position, your body must work extra hard to make up for it.**

**glide – push off from the wall, hands straight out in front, do not move the arms or kick with the legs**

**flutter kick – basically a straight leg kick, the kick comes from the hips not the knees, don’t ride a bicycle, point toes, keep ankles relaxed, loose, and floppy**

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**flutter kick with kickboard**

** stomach – two hands on the board with arms out in front, board should lay flat on the surface of the water, keep your face out of the water**

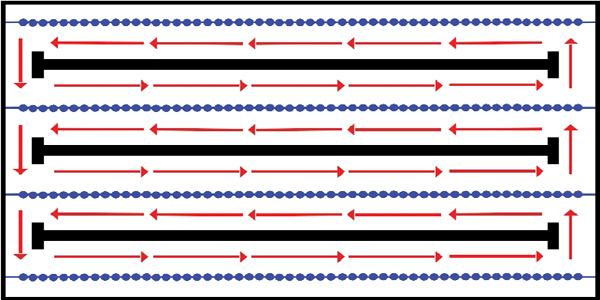
**side – lay completely on your side, one arm on the board, lay your ear on your shoulder, top arm rests on your side, kick should not splash water around**

**back – hug your kickboard against your chest, arms crossed, keep your head back, chin up in the air, and ears in the water**

**sculling – small arm movements near the hips that help you move through the water**

**3/3 drill – also called rhythmic breathing, on stomach with face in water for 3 seconds, switch to your side with ear in water for 3 seconds, repeat alternating sides as you go (face in, ear in, face in, ear in)**

**3/1 drill – 3 seconds with the face in, but only 1 second on side with ear in (helps prepare you to swim freestyle)**

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**circle swim – a safety method used when multiple swimmers are sharing a lane, think of your lane as a road, always swim on the right side, when you are done make a U-turn and continue swimming on your right**